

Do you need Nar-Anon Family Group?

1. Do you find yourself making excuses, lying or covering up for your loved one?
2. Do you have reason not to trust your loved one?
3. Is it becoming difficult to believe their explanations?
4. Do you lie awake worrying about them?
5. Is he/she missing school or work often?
6. Are the bills piling up?
7. Are savings mysteriously disappearing'?
8. Are the unanswered questions causing hostility and undermining your marriage'?
9. Are you asking yourself, "What's wrong?" and "Is it my fault?"
10. Are your suspicions turning you into a detective, and are you afraid of what you may find?
11. Are normal family disagreements becoming hostile and violent?
12. Are you cancelling your social functions with vague excuses?
13. Are you becoming increasingly reluctant to invite friends to your home?
14. Is concern for your spouse, child or friend causing you headaches, a knotty stomach, anxiety?
15. Is concern for your loved one easily irritated by small matters? Does your life seem a nightmare'?
16. Are you unable to discuss the situation with friends or relatives because of embarrassment?
17. Are your attempts at controlling them frustrating?
18. Do you over-compensate and try not to make waves?
19. Do you keep trying to make things better, but nothing helps?
20. Are the life style and friends of the loved one changing?
21. Do you think that a loved one is using drugs?

What do Nar-Anon (NA) do?

- NA is a fellowship of family and friends whose lives have been affected by someone who is using drugs. NA will give you new insight into the attitudes, behaviours and emotions of drug users. They try to give you assurance that no situation is too difficult and no unhappiness is too great to overcome.
- We teach that it is the drug user that needs help, but also that we do too! It can be a great relief to learn more effective ways of coping with your situation.
- It may come as a shock to hear this, but because drugs effect the whole family – it is the whole family that needs to change (not just the user)!
- As we try to control, cover up and take on the responsibilities of the addict we begin to feel used, unhappy and helpless. Soon we begin to think we are to blame and assume the guilt, fears and responsibilities of the addict.
- Everyone in the group is experiencing in varying degrees the hurt, the anger and the anxieties that you may be experiencing. As we listen to others and share our own experiences we can find healing, support and understanding.
- If the addict is in a recovery program, Nar-Anon will equip you to join their fight. You will grow in understanding and most of all in patience. There is no panacea to getting clean. Don't be discouraged if progress is slow.
- There are many success stories and yours can be one of them.

Narcotics Anonymous (NA) 12 Steps

1. *We admitted that we were powerless over our addiction, that our lives had become unmanageable.*
2. *We came to believe that a Power greater than ourselves could restore us to sanity*
3. *We made a decision to turn our will and our lives over to the care of God as we understood him.*
4. *We made a searching and fearless moral inventory of ourselves*
5. *We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.*
6. *We were entirely ready to have God remove all these defects of character.*
7. *We humbly asked Him to remove our shortcomings.*
8. *We made a list of all persons we had harmed, and became willing to make amends to them all.*
9. *We made direct amends to such people wherever possible, except when to do so would injure them or others.*
10. *We continued to take personal inventory and when we were wrong promptly admitted it.*
11. *We sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out*
12. *Having had a spiritual awakening as a result of these steps, we tried to carry this message to addicts and to practice these principles in all our affairs.*

Drug Addiction

What help is there for family & friends of addicts.

Nar-Anon Family Groups (Rocklands)

Location: Cedar High School (Room 54)

Cnr. Weltevreden & Spine Roads.

Time: Every Saturday: 3pm – 4:30pm

Contact: Danny, 073 521 2599

Web: www.naranon.org.za

Helpline: 088 129 6791

Contact Person (who gave you this leaflet)

Contact: Jaki North / Yolanda Karstens

Address: Trinity Church, 6 Palastrina Street,
Eastridge, Mitchell's Plain.

Telephone: 021 007 1960

Email: Jaki@trinitychildren.org.za

Yolanda@trinitychildren.org.za